Multilingual Resource Guide...

Addiction

We have compiled online resource lists for patients who speak languages other than English. This topic includes the following languages:

- Arabic
- Chinese
- French
- Inuktitut
- Polish
- Spanish
- Tagalog
- Vietnamese

To see other available resource lists, or to request other topics or languages, please contact us: [https://libguides.lib.umanitoba.ca/wrha](https://libguides.lib.umanitoba.ca/wrha)

Available in alternate format on request
These sites give information in Arabic on topics related to Addiction.

- What is addiction: [http://bit.ly/2gWe4Yi](http://bit.ly/2gWe4Yi)
- Alcohol abuse: [http://bit.ly/2gWePk3](http://bit.ly/2gWePk3)
- How alcohol affects the body: [https://bit.ly/2TOf2g6](https://bit.ly/2TOf2g6)
These sites give information in Chinese on topics related to Addiction.

- Harm reduction: [https://bit.ly/2HgOheD](https://bit.ly/2HgOheD)
- Stages of recovery: [https://bit.ly/2NZJO0m](https://bit.ly/2NZJO0m)
These sites give information in French on topics related to Addiction.

- Intro to substance abuse: https://bit.ly/2Y1TcVY
- Canadian Centre on Substance Use and Addiction:
  http://www.ccdus.ca/Fra/Pages/default.aspx
- Low-risk alcohol drinking guidelines: https://bit.ly/2MmByXi
These sites give information in Inuktitut on topics related to Addiction.

- Effects of alcohol: https://bit.ly/2T2Qj3o
These sites give information in Polish on topics related to Addiction.

- Types of drugs: [https://bit.ly/2T1oNDc](https://bit.ly/2T1oNDc)
These sites give information in Spanish on topics related to Addiction.

- Substance abuse guide: [https://bit.ly/2JbD0Oq](https://bit.ly/2JbD0Oq)
These sites give information in Tagalog on topics related to Addiction.

- Intro to substance abuse: https://bit.ly/2T1sgSu
- Understanding addiction: https://bit.ly/2u0Kycv
- Alcohol-free pregnancy: https://bit.ly/2XTKg4Q
- Crystal meth: https://bit.ly/2O1dk5R
These sites give information in Vietnamese on topics related to Addiction.